Ontario APPLES

Ministry of Agriculture and Food
ONTARIO

Know Your Ontario Apples

Different varieties of apples have varying levels of tartness or sweetness.
For cooking, combine 2 or 3 varieties when blends of flavour are as important as the texture and shape.

AVAILABILITY	VARIETY	DESCRIPTION
mid-August – early September	JERSEYMAC	medium size; slight conical shape; red with yellow-green shoulder; excellent eating apple.
late August – late September	PAULARED	medium size; roundish shape; solid, dark red colour; very firm; tart, crisp flavour; good for fresh eating and in pies.
mid-September – late June	McINTOSH	medium size; irregular round shape; deep red with green splash on one side; aromatic, white, juicy flesh; mildly tart, becoming sweet as ripened; excellent for fresh eating and in pies and sauces.
October – January	SPARTAN	medium size; round conic shape; dark red blush over faint stripes; crisp, juicy and fairly tart; excellent for fresh eating and pies.
October – January	GOLDEN DELICIOUS	medium size; elongated, narrowing to 5 point base; bright yellow colour; firm; medium tart to sweet taste; excellent for fresh eating and in pies.
October – March	NORTHERN SPY	large size; bright red stripes; firm; tart taste; excellent for pies and baked apples.
October – early April	CORTLAND	large size; globular shape; red-orange stripes; crisp; mildly sweet; good for salads since they resist browning.
October – early April	RED DELICIOUS*	large size; elongated, narrowing to 5 point base; deep red; crisp; juicy, mild sweet flavour; excellent for fresh eating.
October – May	EMPIRE	medium size; oblong shape; dark red stripes with conspicuous dots; firm; slightly tart; excellent for fresh eating and in sauces.
December – May	IDARED	medium to large size; round to flat round; bright red with greenish-yellow patches; very firm; tart; very good fresh or baked.

*This variety is not recommended for cooking purposes.

Double Apple Tart

6	*medium Ontario Apples*	6
1/4 cup	*water*	50 mL
2 tbsp	*sugar*	25 mL
1 cup	*all-purpose flour*	250 mL
1/4 cup	*sugar*	50 mL
1/2 cup	*butter*	125 mL
2 tbsp	*sugar*	25 mL
1 tbsp	*lemon juice*	15 mL
1/4 cup	*apricot jam*	50 mL
2 tsp	*water*	10 mL

Peel, core and chop 3 of the apples. Place in saucepan with 1/4 cup (50 mL) water. Simmer over low heat for 15 to 20 minutes, stirring occasionally, until applesauce forms. Add 2 tbsp (25 mL) sugar and stir. Remove from heat and set aside.

Meanwhile, combine flour and 1/4 cup (50 mL) sugar. Cut in butter until mixture is crumbly. Press evenly over bottom and sides of 9-inch (23 cm) flan pan. Chill.

Peel, core and thinly slice remaining 3 apples. Sprinkle with 2 tbsp (25 mL) sugar and lemon juice.

Spoon applesauce over prepared crust. Arrange apple slices, closely overlapping, to form concentric circles on top of applesauce. Bake at 400°F (200°C) for 35 to 40 minutes.

Melt apricot jam with 2 tsp (10 mL) water in small saucepan, over low heat. Brush over apples. Cool. Makes 8 to 10 servings.

OPTION: Instead of making applesauce, omit first 3 apples and substitute 1 cup (250 mL) thick, sweetened prepared applesauce.

Recipe featured on cover.

Baked Sausages and Apples

1 pkg	*(500 g) pork sausages*	1
6	*medium Ontario Apples, cored and cut into 1/4-inch (1 cm) slices*	6
1/3 cup	*maple syrup*	75 mL

Sauté sausages in frying pan until lightly browned on all sides.

Place apples in 9-inch (2.5 L/23 cm) square casserole dish. Arrange sausages in single layer on top of apples. Pour syrup evenly over all. Bake at 400°F (200°C) for 10 minutes, then reduce heat to 325°F (160°C) and continue baking for 15 minutes longer.
Makes 6 servings.

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Crunchy Baked Apples

1 cup	bran flakes	250 mL
1/2 cup	all-purpose flour	125 mL
1/2 cup	firmly-packed brown sugar	125 mL
1/2 tsp	cinnamon	2 mL
1/4 cup	butter	50 mL
6	medium Ontario Apples	6

Combine bran flakes, flour, sugar and cinnamon. Cut in butter until mixture is crumbly.

Peel and core apples. Run tines of fork around apples to make deep indentations. Pat crumb mixture evenly over surface of apples to coat completely. Place on shallow metal baking pan. Bake at 375°F (190°C) for 20 to 25 minutes, or until fork-tender. Serve warm, topped with whipped cream, if desired. Makes 6 servings.

Honey Poached Apples

1 tbsp	cornstarch	15 mL
1 tsp	ginger	5 mL
1/3 cup	liquid honey	75 mL
1/2 cup	water	125 mL
2 tbsp	Ontario brandy (optional)	25 mL
1 tbsp	lemon juice	15 mL
6	medium Ontario Apples	6
2 tbsp	butter	25 mL

Combine first 6 ingredients in small bowl. Peel and core apples; cut into lengthwise halves.

Melt butter in large frying pan over medium heat. Stir in honey mixture. Cook and stir until mixture comes to a boil. Place apples, cut side down, in pan. Cover and simmer for 8 to 10 minutes, or until fork-tender, turning apples once during cooking. Serve warm with ice cream, if desired. Makes 6 servings.

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Ontario, there's no taste like home.

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